EFFECTIVENESS OF INTEGRATED SELECTED YOGA PRACTICES ON SOME HEALTH PROBLEMS IN DESTITUTE ELDERLY WIDOWS IN VRINDAVAN: AN EXPERIMENTAL STUDY

A

SYNOPSIS

SUBMITTED TO

DEPARTMENT OF YOGASHASTRA, KKSU

FOR THE DEGREE OF

DOCTOR OF PHILOSOPHY

IN

YOGASHASTRA

By

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INTRODUCTION

Everyone has the right to live a dignified life. India's constitution assures all citizens access to basic necessities of life. Destitute woman denotes to a female who lacks adequate support and encouragement from family members, relatives, sometimes from the society itself. "Destitute" in relation to a woman means any female who has no independent source of livelihood or is not being looked after by any family member or relative. When a woman becomes a destitute elder widow, she has to face several hardships and disadvantages in day-to-day life.[1]India is the largest widow population in the world. According to The **Ministry of Women child development 2022** estimated 43.2 million widows in India and India's Uttar Pradesh has the highest number of widows is 4.8 million in India.[2] According to the survey by Nagarpalika Parishad of Vrindavan in 2005 the number of destitute women in Vrindavan was 3105.[3] Vrindavan is also known as the **"City of Widows",** currently an estimated large number of 15,000 of them are widows, many of whom have spent over thirty years here. Most of them disowned and abandoned by their family live in pathetic and pitiable living conditions in Vrindavan and Radha Kund. Some destitute elderly widows live in Government Ashram and NGOs, at some their rented accommodation, at bhajan ashrams and in other public places such as Ghats and Temples. The majority of the women belong to West Bengal and Majority of the living in the homes are over 60 years old.[4]

Why did they come to Vrindavan?

The reason why most women from West Bengal came to Vrindavan is that Chaitanya Mahaprabhu from Nadia district had come here and established many houses and places of worship. However, it would be fair to say that the condition of widowed women in Bengal is the worst in the country and poverty in modern times is another reason for more and more women coming from West Bengal. The primary reason for Bengali widows moving to Varanasi or

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[1] Ranjan Nayak, M., Dash, M., Mohanty, S., & Swainl, M. (2019). A Study on Mental Health Status of Elderly Destitute Women in MHI, COE, SCB MCH, Cuttack-A Tertiary care center in eastern India. *IOSR Journal of Dental and Medical Sciences (IOSR-JDMS) e-ISSN*, *18*, 16–20. https://doi.org/10.9790/0853-1803081620

[2] Centre, O. S., Services, L., Centers, W., Yojana, A., Mahatma, T., National, G., Employment, R., & Act, G. (2022). *Scheme For Destitute Women*. *2005*, 1–7.

[3] Survey of Destitute Women in the City of Vrindavan, 2005, Nagarpallika Parishad, Vrindavan, U.P.

[4]https://en.wikipedia.org/wiki/Vrindavan#:~:text=Vrindavan%20is%20also%20known%20as,singing%20bhajan%20hymns%20at%20bhajanashrams.

Vrindavan is poverty, followed by their sons and daughters but not allowing them to live in the house. This can have significant effects on the physical and mental well-being of the women. Some widows have sons who were abandoned because they and the wives could not get along, the boys did not look after them, or the sons don't make enough money. When an only has daughter, they are forced to live alone because customarily, daughters move in with their in-laws after marriage.[5]

Widow's Health

Widowhood is generally viewed as one of the most stressful life events; the death of a spouse has been described as having a negative impact on the health of widows.[6] Many studies have concluded that a higher rate of mental illness exists among the widowed than their married counterparts. Another problem associated with widowhood is loneliness. Many widows live by themselves, they suffer the fear of being alone and loss of self-esteem as women, in addition to the many practical problems related to living alone.[7]

The World Health Organization in its detailed study on Mental Health for Older adults recognized the growing and disturbing trend of mental and neurological disorders increasingly found in aged individuals and their growing vulnerability with the need for professional help, the most imminent necessity in the later stages of life.[8]

A case study of Vrindavan found mostly women who suffer minor/major mental ailments did not receive any treatment. When they enter an elder age not only suffers mental problems, but also suffers some physical problems due to not getting nutritious food and proper treatment. Getting old, is a natural process by declining health performance, due to abandonment after husband's death it may increase the health problems. Most prominent problems in destitute

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[5] Commission, N., & Women, F. O. R. (2009). *STUDY ON WIDOWS AT VRINDAVAN*.

[6] Anusic, I., & Lucas, R. E. (2015). *Prospective Study of Adaptation to the Loss of a Spouse*. *82*(5), 367–378. https://doi.org/10.1111/jopy.12067.Do

[7] Trivedi, J. K., Sareen, H., & Dhyani, M. (2009). *Women' s Issues Psychological Aspects of Widowhood and Divorce*. *April 2008*, 37–49. https://doi.org/10.4103/0973-1229.40648

[8] Lakhanpal, A., & Mehta, M. S. (2017). *Psychological-Social Aspects of Widow Rehabilitation: A Case Study of Vrindavan*.

widows are Body pain, Eyesight weak, Fatigue, Loneliness, Insomnia, Alzheimer's and so on. Yoga is the best lifestyle that may play a vital role in reducing such illnesses.

According to the World Health Organization (WHO) the state of Health is defined as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.[9] The World Health Organization (WHO), describes Yoga as a valuable tool, one that increases physical activity, mental well-being, and decreases non-communicable diseases.[10]

Yoga and Health

Yoga is becoming popular as a preventive and therapeutic intervention and appears as safe as usual care and exercise. Yoga is a holistic system of varied mind-body practices utilized in a variety of contexts and situations that can be used to improve mental and physical health.[11]

The Integrated Yoga approach developed by Swami Vivekananda Yoga Anusandhana Samasthana (S-VYASA) is based on the principle that "all psychosocial disorders begin in the mind, which create an internal imbalance as a result of frequently demanding and stressful life situations". Intense surges of uncontrolled excessive speed of responses to these demanding situations at an emotional level (Manomaya Kosha), conflicts between value systems (Vijnanamaya Kosha), and strong likes and dislikes at the psychological level (Manomaya Kosha) are responsible for imbalances at gross levels (Pranayama and Annamaya Kosha).

As a result, the IAYT can be perceived as a comprehensive paradigm that addresses imbalances on all levels—physical, mental, and emotional. In theory, each IAYT component is mutually exclusive of the others; therefore, for the IAYT model to have the desired outcome on each of the five levels of existence (Pancha Kosha), all components must be provided and integrated. No component alone may make the claim to be the IAYT or possibly have the same

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[9] https://www.who.int/about/governance/constitution

[10] https://www.who.int/southeastasia/news/detail/20-06-2018-yoga-is-a-valuable-tool-to-increase-physical-activity-and-decrease-noncommunicable-disease

[11] Ranjan Nayak, M., Dash, M., Mohanty, S., & Swainl, M. (2019). A Study on Mental Health Status of Elderly Destitute Women in MHI, COE, SCB MCH, Cuttack-A Tertiary care center in eastern India. *IOSR Journal of Dental and Medical Sciences (IOSR-JDMS) e-ISSN*, *18*, 16–20. https://doi.org/10.9790/0853-1803081620

outcomes as the entire model. It has been found that integrated yoga practices reduce anger, anxiety, and depression while also enhancing physiological and psychological well-being.[12]

Review of Literature

The research scholar has gone through the earlier available literature and the literature found relevant to the present study. The researcher presents the review of literature for the present study under the following headings.

1. Studies related to Health Problems in Destitute Elderly women
2. Studies related to Integrated Yoga
3. Studies related to Yoga on Senior Citizens Health

Section-1 Studies related to Health Problems in Destitute Elderly women

Sr. No.	Author/Year	Focus of the Paper	Method/Sample	Findings	Gaps (Future Research)
1.	**Shruthi et al. 2020**	Destitute and Normal Women Mental Health	Institutional women and non-institutional women from Hubli and Dharwad. The sample of 130 women which has 30 were non-institutional, 40 institutional and 60 were normal women (age range 18-45 years).	The destitute women had poor mental health compared to normal women. There was a significant difference was observed where normal women had better mental health than destitute women.	No study on destitute widows as well as this study focused only on mental health
2.	**V. Sandhya Rani et al. 2019**	Health Problems in Destitute women in Andhra Pradesh	The sample size was 350 Finally, 338 Sample respondents are successfully interviewed for this study.	It is concluded that Mistreatment, Lack of Government support, Harassment	This study focused only on causes and health problems of destitute

[12] Del, M., Villacres, C., Jagannathan, A., Nagarathna, R., & Ramakrsihna, J. (2014). *Decoding the integrated approach to yoga therapy: Qualitative evidence based conceptual framework*. *7*(3). https://doi.org/10.4103/0973-6131.123475

				and discrimination and Gender violence are the major causes for the health problems of destitute Women in Andhra Pradesh.	young women in the state of Andhra Pradesh.
3.	**Mihir ranjan et.al 2019**	Mental Health Status of Elderly Destitute Women in Cuttack	A total number of 20 female are mentally ill destitute patients.	It was found that the existing resources do not fulfill their psychosocial well-being. So, they are living not only with the distress but also with various types of psycho social problems	This study focused on small sample and no study on elderly destitute widows.
4.	**Noor Mubasheer 2018**	Mental Health Status of Elderly Destitute Women in Mysore	60 respondents were the sample for the study. Out of 60 samples, 39 were destitute who were in destitute homes and 21 were found on pavements and nearby temples.	It was found that many of the destitute though living in homes face various kinds of socio psycho problems which lead to the cause of mental disorders in many of them.	This study focused on only psychosocial problems in elderly destitute women.

SECTION- 2 Studies Related to Integrated Yoga

S. No.	Author/Year	Focus of the Paper	Method/Sample	Parameter Analyzed	Findings	Gaps (Future Research)
1.	**R. Nagarathna 2014**	Decoding the Integrated Yoga Therapy	For this study, two in-patients with depression were followed over a period of 2 weeks in the residential center "Arogyadhama" (of S-VYASA Bangalore, India).	Depression	The IAYT is a holistic program and the ability of the patient to cooperate with and integrate the available Factors (therapist related and treatment related) could enable best results.	This study focused on small sample and no work on elderly women.
2.	**M. Satyapriya 2013**	Integrated yoga on anxiety, depression & well-being in normal pregnancy	This Prospective Randomized control study recruited 96 women in 20th week of normal pregnancy. Yoga group (n-51) practiced integrated yoga and control group (n-45) did standard Antenatal exercises.	Stress, Anxiety or Depression	Regular practice of integrated yoga in second and third trimester is more effective than antenatal exercises in reducing anxiety, Depression and improving the pregnancy experience.	This study focused for normal pregnancy in mental health.
3.	**R. Nagendra (2013)**	Integrated Yoga Therapy for mental Illness	-	-	This is treed IAYT using the four streams of yoga: Jnana Yoga, Bhakti Yoga, Raja Yoga and	This study focus on mental disorders tackles by IYT.

					Karma Yoga.	
4.	**Sarika Arora et al. (2011)**	Integrated Yoga practices on immune responses in Examination stress	The study was carried out on 60 first-year MBBS students randomly assigned to yoga group and Control group (30 each). The yoga group underwent **Integrated Yoga** practices for 35 minutes daily in the presence of trained Yoga teacher for 12 weeks.	Physiological parameters like heart rate, respiratory rate, and blood pressure were measured. Psychological parameters like Stress and Anxiety were measured.	It was found that Integrated Yoga has a significant effect in ameliorating the autonomic, endocrine, and psychological Changes brought about by the examination stress.	This study focused at the effect of integrated yoga on medical students.

SECTION- 3 Studies related to Yoga on Senior Citizen Health

S. No.	Author/Year	Focus of the Paper	Method/Sample	Parameter Analyzed	Findings	Gaps (Future Research)
1.	**Ananda Balayogi et al. 2020**	Yoga training enhances auditory and visual reaction time in elderly woman inmates of a hospice	40-woman inmates were randomized to two groups of twenty each. Group A (yoga group) Received training in integrated Silver Yoga program, while Group B (wait-listed control group) did not.	Auditory RT (ART) and visual RT (VRT)	Yoga training can enhance reaction time in senior citizens. Results of this study give preliminary evidence that the incorporation of yoga as part of a senior's lifestyle can help in promoting health-modifying age-related disorders.	This study focused on ART and VRT.
2.	**Kimberlee et al. 2014**	Yoga on Psychological	Study conducted at 2 North	Anger, anxiety,	Yoga intervention	This study examined the

		Health in Older Adults	Florida facilities for older adults. Subjects' size was 98 older adults, ages 65 to 92.	depression, Self-efficacy and self-control.	for older adults reduced anger, anxiety and depression, and increased well-being, general self-efficacy, and self-efficacy for daily living, as well as Perceptions of self-control. Yoga has the potential to improve psychological Health in older adults.	effect of chair yoga and chair exercise on the psychological health of older adults.
3.	**Santosh Mishra, 2014**	Yoga Practice in Aging Population	-	-	Yoga can bring health advantages to the ageing population. Senior citizens can also use the techniques to slow the ageing process. In fact, the benefits of yoga for senior citizens extend far beyond the practice's physical effects.	This study explained how yoga can affect Physiological and Psychological Health.

Statement of the problem

The purpose of this study is to ascertain the **"Effectiveness of Integrated Selected Yoga Practices on Some Health Problems in Destitute Elderly Widows in Vrindavan: An Experimental Study."**

Aim of the study

A study to evaluate the effectiveness of Integrated Selected Yoga Practices in improving **"Health Problems in Destitute Elderly Widows: An Experimental Study in Vrindavan."**

Objectives of the study

Following will be the objectives;

1. To explore the effect of Integrated Selected Yoga Practices (ISYP) on Destitute Elderly Widows Health.
2. To assess the pre and posttest Physiological and Psychological health among Destitute Elderly widows in experimental and control group.
3. To determine the effect of ISYP on Chosen Physical Health Variables (Body Pain, Fatigue, Blood Pressure and Heart Rate).
4. To determine the effect of ISYP on chosen Psychological Variables (Stress).
5. To ascertain the difference between the Experimental Group (i.e., Yoga practices) and control group (i.e., No Yoga Practices).

Hypothesis of the study

On the basis of literature reviewed available research findings, expert guidance and scholar's own understanding. It is hypothesized that ISYP will positively affect the improvement of Physiological and Psychological Health in destitute widows in terms of the variables namely;

- Body Pain
- Fatigue
- Heart Rate
- Blood Pressure
- Stress

Limitations of the study

1. This study will be limited to Selected Physical, Psychological variables. (Body pain, Fatigue, Blood Pressure, Heart Rate and Stress).
2. This study will be limited to Age Ranging between 60 to 80 years.
3. This study will be limited to Subjects from Government Ashrams and NGOs in Vrindavan.
4. This study will be limited to Subjects belonging to Elder widows.
5. This study will be limited to 100 elderly widows' residents in Vrindavan.
6. This study will be limited to Dependent Integrated Yogic practices: - Suksham Vyayam, Pranayama, Meditation and Counseling. A well-designed validated module that will be developed with the help of experts.

Definition of Terms Used

Effectiveness

Effectiveness is the ability to produce desired results. When something is deemed sufficient, it means that it has an intended or expected result or makes a deep, vivid impression. In this study, effectiveness refers to the decreased health problems obtained after yoga practices.[13]

Integrated Yoga Practices

It means an integrated strategy. Hence, it requires working on the multiple sheaths of our being in addition to the physical sheath. By balancing and harmonizing disturbances in each of the five Sheaths, the numerous yoga practices included in the scriptures of yoga and the Upanishads are used to treat complex psychosomatic illnesses.[14] In this study, an Integrated Yoga practice refers to Annamaya Kosha-Suksham Vyayam, Pranamaya Kosha-Pranayama, Manomaya Kosha-Meditation, Vijyanamaya Kosha-Counselling.

Health

[13] https://en.wikipedia.org/wiki/Effectiveness

[14] Yoga for Promotion of Positive health By Dr R Nagarathna & Dr H R Nagendra.

The word health derives from the word “whole (+the)” which means to the full function of the body. The WHO constitution states: **"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."** [15]

In this study, Health refers to Physical and Psychological Problems Reduce by Integrated Selected Yoga Practices.

Destitute

Adjective - lacking the means to live; totally impoverished (Latin destituere to live alone).

A destitute woman refers to a female who lacks adequate support and encouragement from family members, relatives, and sometimes from society itself and may lead a miserable lifestyle. "Destitute" in relation to a woman means any female who has no independent source of livelihood or is not being looked after by any family member or relative. In this Study, Destitute refers to whom destitute especially after the death of the husband.[16] In this study, Destitute refers to will include destitute women who are elderly widows.

Elderly

The policy defines 'senior citizen' or 'elderly' as **a person who is of age 60 years or above**.

National Elderly Policy defines person of 60+ age group as elderly.[17] In this study, the elderly refers to the destitute widow.

Widow

A widow is a woman whose husband has died.[18] In this study, refers to merely abandoned by family.

Need of the Study

On the basis of earlier studies, I found that some studies have been done on destitute women and some Yoga-related work has been done on the health of orphans and senior citizens but till now no health-related work has been done on destitute widows in Vrindavan through Yoga. The prevalence of widows in India is the highest in the world and Vrindavan is shelter to the most

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[15] https://www.who.int/about/governance/constitution

[16] Commission, N., & Women, F. O. R. (2009). *STUDY ON WIDOWS AT VRINDAVAN*.

[17] National Policy on Senior Citizens 2011

[18] https://en.wikipedia.org/wiki/Widow

destitute widows in India. This is the first study on effect of integrated yoga on health of destitute elder widows. There are just a few studies on destitute elderly women's mental health but no researches had been carried out to see the changes in health of destitute elder widows. This is the noble study to conduct on destitute elderly widows. This current study focuses on effect of integrated yoga on destitute elderly widows' health.

Scope of the study

- The studies focus on evaluating the effectiveness of integrated selected yoga practices on some Health Problems of Destitute elderly widows. Since Yoga is the science to control the mind, it is used as a beneficial tool to improve physical and mental health.
- The integrated approach of yoga not only deals with the physical aspect of our being but also uses techniques to operate on all the Pancha kosha (five sheaths) i.e., Annamaya (physical), Pranamaya (pranic), Manomaya (mental), Vijnanamaya (psychic) and Anandamaya (blissful) of our personality.
- The prevalence of widowhood in India is the highest in the world and there are many destitute elderly widows living in Vrindavan, the effect of yoga on widows has not yet been studied. This study will be carried out using various scales to see the effect on different health problems in destitute elderly widows.
- A Pilot Study will be conducted to assess the feasibility of participant recruitment or study design.

Research Methodology

This chapter elaborates on the selection of subjects, selection of variables, experimental design, administration of the test, collection of data and statistical techniques employed for analyzing the data.

Selection of subjects

100 elderly widows who are women residents in Government Ashram, Bhajan Ashram and NGOs will be selected as subjects using a random sampling method. The age group of the subjects shall range from 60 to 80 years. The sample size will increase as per the availability of subjects.

Selection of Variables

For the purpose of this study the following parameters will be selected (variables to be monitored during the experiment):

1. Body pain, Fatigue, Blood Pressure, Heart Rate & Stress.

For the measurement of variables following tools will be used:

- The Body Pain will be measured using Numeric Rating Scale (NRS).
- The Fatigue will be measured using Fatigue Assessment Scale(FAS).
- The Blood Pressure and Heart Rate will be measured using Digital Monitor.
- The Stress will be measured using Perceived Stress Scale (PSS).

Inclusion Criteria for Subjects

- Normal health status.
- Elder widows.
- Widows living in Vrindavan.
- Age ranging 60 to 80 years.

Exclusion criteria for Subjects

- Currently practicing yoga-based practices.
- Recommended surgical intervention.
- Who are on medications such as anticholinergic (including antidepressants, antihistaminic, anti-coagulants, analgesics and steroids).
- Who did not sign an informed consent form.
- Hearing impairment

Intervention

This intervention has been made with the advice of experts; these are some Integrated Selected Yoga Practices (ISYP) on the basis of Pancha Kosha.

KOSHA	PRACTICES	DURATION
1. **Annamaya kosha**	1. Suksham vyayam	10 Minutes
2. **Pranamaya kosha**	1. Anulom vilom Pranayama 2. Brahmri Pranayama	15 Minutes
3. **Manomaya kosha**	1. Om chant 2. Yoga Nidra	20 Minutes
4. **Vijnanamay kosha**	1. Counseling	30 Minutes once a week
5. **Ananadmaya Kosha**	1. Bhajan	15 Minutes once a week

Administration of Test and Data collection

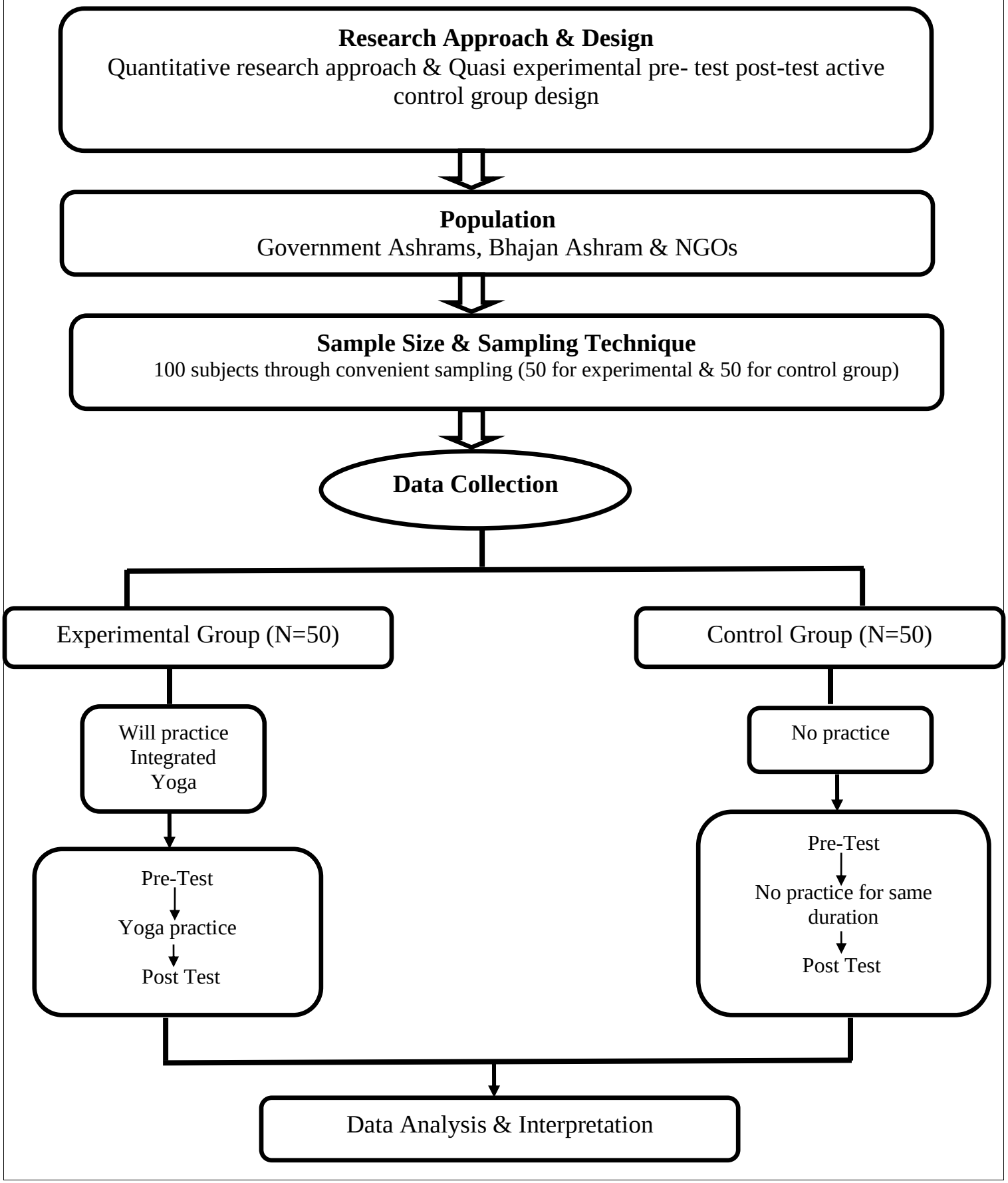
- Duration of Yoga practices will be of 12 weeks.
- Five days a week practice will be imparted.
- Yoga Practice Session will be of 45-50 minutes/day.

After obtaining formal approval from the university, the Ethical committee of KKSU, District Probation Officer DPO Mathura, and written consent from each participant and also the approval of the study by the Research Committee of KKSU, the investigator will proceed with the data collection.

Statistical Analysis

For the purpose of the proposed study descriptive statistics (mean, standard deviation) and comparative statistics (t-test and analysis of variance) will be employed. The drawn hypothesis will be tested at 0.05 level of significance.

Experimental Design


Research Approach & Design
Quantitative research approach & Quasi experimental pre- test post-test active control group design
Population
Government Ashrams, Bhajan Ashram & NGOs
Sample Size & Sampling Technique
100 subjects through convenient sampling (50 for experimental & 50 for control group)
Data Collection
Experimental Group (N=50)
Control Group (N=50)
Will practice Integrated Yoga
No practice
Pre-Test
Yoga practice
Post Test
Pre-Test
No practice for same duration
Post Test
Data Analysis & Interpretation

Expected outcomes

- The research will answer whether ISYP can improve Physical, Psychological health or not.
- The study will help us to understand whether the prevention and treatment through yoga practices are different or not.
- The study will help us to understand whether Yoga Practices is a superior process for improving Physical, Psychological health or not.
- The findings of the study whether will add new knowledge to the field of Yoga or not.
- The study will answer whether Yoga Practices helpful for Destitute Elder Widows.
- An ISYP whether positively influence the destitute elder widows or not.

Chaptalization

Chapter-1	Chapter-2	Chapter-3	Chapter-4	Chapter-5	Chapter-6	
Introduction 1.1 **Background** 1.2 **Concepts** 1.3 **Need of Study** **1.4** The Present Study **1.4.1** Origin of Research Problem **1.4.2** Statement of the Problem **1.4.3** Significance of the Present Study **1.4.4** Objectives of the Present Study **1.4.5** Hypothesis **1.4.6** Definition of terms **1.4.7** Limitation of the Study **1.4.8** Summary	**Integrated Yoga** 2.1 Introduction of Integrated Yoga 2.2 Panchal Kosha 2.3 Summary	**Review of Literature**	**Research Methodology** 4.1 Research Design 4.2 Pilot Study 4.3 Sample 4.4 Tools 4.5 Procedure 4.6 Statistical Analysis 4.7 Variables 4.8 Summary	**Result and Discussion** 5.1 Introduction 5.2 Results 5.3 Discussion 5.4 Summary	6.1 Summary 6.2 Conclusions 6.3 Recommendations 6.4 Suggestions for the future research	**BIBLIOGRAPHY** **APPENDICES**

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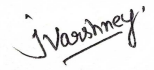

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